

## CLAIMS

### I Claim:

1. A composition for treating a condition associated with a hormonal change comprising calcium, vitamin D, folic acid, vitamin B12 and vitamin B6.
2. The composition of claim 1, wherein the calcium is in an amount less than 800 mg.
3. The composition of claim 1, wherein the calcium is in an amount between about 200 mg and 800 mg.
4. The composition of claim 1, wherein the vitamin D is a vitamin D3 and in an amount less than 800 IU.
5. The composition of claim 1, wherein the vitamin D is a vitamin D3 and in an amount between about 300 IU and 500 IU.
6. The composition of claim 1, wherein the folic acid is in an amount between about 0.8 mg and 5 mg.
7. The composition of claim 1, wherein the vitamin B12 is a hydroxocobalamin.
8. The composition of claim 7, wherein the hydroxocobalamin is in an amount of between about 300 mcg and 2000 mcg.
9. The composition of claim 7, wherein the hydroxocobalamin is in an amount of between about 300 mcg and 1200 mcg.
10. The composition of claim 1, wherein the vitamin B6 is in an amount of between about 10 mg and 100 mg.
11. The composition of claim 1, wherein the calcium is in an amount between about 200 mg and 800 mg, vitamin D is in an amount between about 300 IU and 500 IU, folic acid is in an amount between about 0.8 mg and 5 mg, vitamin B12 is in an amount of between about 300 mcg and 1200 mcg, and vitamin B6 is in an amount of between about 10 mg and 100 mg.

12. The composition of claim 1, wherein the calcium is in an amount of about 400 mg, vitamin D is in an amount of about 400 IU, folic acid is in an amount of about 1.6 mg, vitamin B12 is hydroxocobalamin in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.
13. The composition of claim 1 further comprising vitamin C in an amount of less than about 200 mg.
14. The composition of claim 1 further comprising iron in an amount of between about 20 mg and 75 mg.
15. A method of treating or preventing a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a vitamin composition comprising calcium, vitamin D, folic acid, vitamin B12 and vitamin B6.
16. The method of claim 15, wherein the vitamin B12 is a hydroxocobalamin.
17. The method of claim 15, wherein the vitamin D is a vitamin D3.
18. The method of claim 15, wherein the calcium is in an amount between about 200 mg and 800 mg, vitamin D is in an amount between about 300 IU and 500 IU, folic acid is in an amount between about 0.8 mg and 5 mg, vitamin B12 is in an amount of between about 300 mcg and 1200 mcg, and vitamin B6 is in an amount of between about 10 mg and 100 mg.
19. The method of claim 15, wherein calcium is in an amount of about 500 mg, vitamin D is in an amount of about 400 IU, folic acid is in an amount of about 1.6 mg, vitamin B12 is a hydroxocobalamin in an amount of about 500 mcg, and vitamin B6 is in an amount of about 25 mg.
20. The method of claim 15, wherein the composition further comprises vitamin C in an amount of less than 200 mg.
21. The method of claim 15, wherein the composition further comprises iron in an amount of between about 20 mg and 75 mg.

22. The method of claim 15, wherein the hormonal change is caused by menopause, smoking, hysterectomy, ovariectomy or cancer chemotherapy, or treatment of the individual with an estrogen, an androgen, an estrogen-androgen combination, an estrogen-progesterone combination, a steroid or a drug that affects the reproductive system.

23. A composition for treating a condition associated with a hormonal change comprising calcium, vitamin D, folic acid, hydroxocobalamin and vitamin B6.

24. A method of treating or preventing a condition associated with a hormonal change in an individual comprising administering to the individual an effective amount of a vitamin composition comprising calcium, vitamin D, folic acid, hydroxocobalamin and vitamin B6.